



THE SPECTRUM

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"SHEDDING LIGHT ON CAMPUS NEWS SINCE 1983"

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TWEETS of the Week

 @Kennerdee1678

"I gave up Ben and Jerry's for lent. Absolutely no regrets that I just cracked"

 @takelachances

"I'm pretty sure everyone and their mother is at Target right now...I'm half expecting to reunite with someone I haven't seen in 10 years"

 @moves_like_awad

"when you leave your lunch at home and you're slowly dying of hunger at work #internlife"

"Tweets of the Week" are taken from a public forum on Twitter. Tweets are opinions of the individual and do not represent the opinions of Sacred Heart University or The Spectrum Newspaper. If you want to see your Tweet in the newspaper, use the hashtag #ShuSpectrum and you may be featured!



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s.w.e.e.t Says It's On Us

Sacred Heart's Newest Campaign to Raise Awareness for Sexual Assault



DANIELLE CHILDERS/ SACRED HEART UNIVERSITY

S.W.E.E.T. PEER EDUCATORS SHOW THEIR SUPPORT FOR A NEW CAMPAIGN AGAINST SEXUAL ASSAULT

BY DANIELLE CHILDERS
Staff Reporter

Sacred Heart University's s.w.e.e.t. Peer Educators are beginning a campaign that will raise awareness for sexual assault and methods of assault prevention.

The Student Wellness Education and Empowerment Team, better known as s.w.e.e.t., is a campus run organization that promotes positive and healthy behaviors. The group is made up of students who have learned to adapt to the stress of college life, and aim to help other students do so as well.

Their most recent campaign is called the "It's On Us" campaign, launched by the White House in the fall of 2014 to raise awareness about sexual assaults on college campuses.

"It's On Us" aims to fundamentally shift the way we think about sexual assault, by inspiring everyone to see it as their responsibility to do something, big or small, to prevent it," said an official White House press release.

This initiative will start up at Sacred Heart after the Easter holiday with the debut of the first ever "It's On Us" campaign photos on March 29.

"The campaign has been launched at hundreds of schools across the country – we think the SHU community will be eager to

support the message," said Karen Flanagan, advisor of s.w.e.e.t. Peer Educators.

s.w.e.e.t.'s contribution to the campaign featured a photo of the group with the message, "Our SHU is...a place where consent is sweet."

Some students who are involved in s.w.e.e.t. are looking forward to the campaign, as it will give a new sense of community and safety to Sacred Heart's campus.

"Last spring we went to a conference at UConn, where peer educators from all over the northeast and Title IX area came together. One of the schools, Roger Williams University, coordinated their own 'It's On Us' campaign and we just saw the message it sent to their community and to the communities around them," said sophomore Cory Robinson, a member of s.w.e.e.t. "The fact that we were hearing such powerful messages that happened a year past that conference was just amazing."

Sexual assault has become a widely known issue around college campuses, which is a reason why this campaign is so important.

"No one knows exactly what happened except the victim and the aggressor. So, sometimes the victim feels like they are wrong, or it was their fault that it happened," said senior Brian Day.

Statistics from the Center for Disease Control and Prevention reported in a

nationally representative survey of adults that 19% of undergraduate female students have experienced attempted or completed sexual assault since entering college.

Among male rape victims, 52% of perpetrators were reported to be acquaintances of those students.

"I think sexual assault is a big issue. However, I believe that often times it's not as known because most victims tend not to talk about it," said freshman Nikki Bettinelli.

There are many opportunities to get involved in Sacred Heart's "It's On Us" campaign.

"You could look into applying for s.w.e.e.t., or just simply have a conversation with your group, write your vision statement, and a set of pledges to help move you towards that vision," said Flanagan.

Groups, teams, or organizations can participate in the campaign by sending their group photo with their vision statement to itsonus@sacredheart.edu.

"We'll add the SHU 'It's On Us' logo to the photo, and post the photo and pledge on social media and on campus TV monitors. Submissions that receive the most likes and shares will be printed as posters and hung around campus," said Flanagan.

To find out more about the campaign, email Karen Flanagan at flanagank879@sacredheart.edu.

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News

“Spirituality runs a continuum from the internal feelings that we may have as we are appreciating our lives and the world around us.”
— Dr. Patricia Carl Stannard, Psychology Professor

Religion and Spirituality Colloquium Sparks Conversation

BY PHILLIP ZELLER
Staff Reporter

Do religion and spirituality share the same purpose for helping the human soul? Or is there such a gap between the two that they don't cross paths at all? Turns out, they share the same goal, but in different approaches.

On Tuesday March 15, the Human Journey Colloquia Series hosted the colloquia event, “Religion, Psychology and Spirituality: Friends or Foes.”

During the colloquium, professors gave a background of their thoughts on what religion and spirituality's purpose is and how it plays into the lives of every man and woman through the vehicle of psychology.

“The field of the Psychology of Religion has found itself following the cultural trend of dividing the two constructs of religion and spirituality,” said Dr. Michelle Loris, Associate Dean of the College of Arts and Sciences and Chairman of the Department of Catholic Studies.

The meaning and purpose behind religion and spirituality is also one of the main foundations of Sacred Heart University's Common Core curriculum.

“This divide in the research has religion being defined as the organization, the ritual, the ideological and the spiritual gets defined as the individual's feelings, emotions, or inner experiences,” said Loris.

Attention is then focused on the spirituality dimension and the meaning and purpose of life.

“It's about helping others and asking why am I here?” said psychology professor, Dr. Patricia Carl Stannard.

Stannard focused mainly on the spiritual topic and how it has positive effects on an individual's physical health as well as their mental health.

She also spoke about how people can use spirituality to cope with guilt, equity, and

suffering.

“It's very important to understand that spirituality runs a continuum, from the internal feelings that we may have as we are appreciating our lives and the world around us,” said Stannard. “But also it comes from profound sense of connectedness to others.”

Some students who attended the colloquium were also left to think about how spirituality affects their own lives.

“I felt like spirituality has served a purpose in answering those questions in what it means to live a life of meaning and purpose because for me personally, when I have gone through bad times, and that through spirituality, it has made me overcome those things,” said senior Anna Krause.

However, from learning that spirituality has focused through the deep dimension and what it means to live a life of meaning and purpose, some also find that religion and spirituality sometimes don't necessarily cross paths.

“Are religious people more likely to help out their fellow neighbors than people who are spiritual and not religious?” said Dr. Stephen Briner.

Briner also presented the possible differences in character that may be due to a person's religious beliefs.

“Religious people, it turns out, tend to be more likely to help out a friend or family member, than somebody who identifies as spiritual but not religious,” said Briner. “People who are spiritual are more likely to help an outsider than somebody who identifies as part of an organized religion.”

However, this idea was debated and discussed by students who attended the colloquium, and felt differently about the purpose of religion and spirituality.

Overall, the colloquium was meant to give a perspective on religion and spirituality that some students may not have thought about before.

“I know people who are spiritual and who are more in tune with the Earth as well as their peers,” said Krause. “Those people are very much for the betterment of mankind.”

Obama Attempts to Preserve Ties With Cuba

BY ASSOCIATED PRESS

HAVANA (AP) — Stepping into history, President Barack Obama opened an extraordinary visit to Cuba on Sunday, eager to push decades of acrimony deeper into the past and forge irreversible ties with America's former adversary.

“This is a historic visit and a historic opportunity,” Obama said as he greeted staff of the new U.S. Embassy in Havana.

Air Force One touched down on a rainy, overcast day in the Cuban capital. The president was joined by wife Michelle Obama and daughters Malia and Sasha in the first visit by a sitting president to the island nation in 88 years.

Obama was greeted by top Cuban officials — but not President Raul Castro. The Cuban leader frequently greets major world figures upon their arrival at Jose Marti International Airport, but was absent on the tarmac. Instead, he planned to greet Obama on Monday at the Palace of the Revolution.

Obama's whirlwind trip is a crowning moment in his and Castro's ambitious effort to restore normal relations between their countries. While deep differences persist, the economic and political relationship has changed rapidly in the 15 months since the leaders vowed a new beginning.

After greeting embassy staff, Obama and his family toured Old Havana by foot, despite a heavy downpour. They walked gingerly on the slippery wet stones in the square in front of the Havana Cathedral. A few hundred people gathered in the square erupted in applause and shouted Obama's name as the first family stepped forward.

The Obamas then dined at a privately-owned restaurant in a bustling, working class neighborhood. Jubilant crowds surged toward the president's heavily fortified motorcade as it inched through the San Cristobal restaurant.

For more than 50 years, Cuba was an unimaginable destination for a U.S. president, as well as most American citizens. The U.S. severed diplomatic relations with Cuba in 1961 after Fidel Castro's revolution sparked fears of communism spreading to the Western Hemisphere. Domestic politics in both countries contributed to the continued estrangement well after the Cold War ended.

“He wanted to come to Cuba with all his heart,” 79-year-old Odilia Collazo said in Spanish as she watched Obama's arrival live on state television. “Let God will that this is good for all Cubans. It seems to me that Obama wants to do something good before he leaves.”

Ahead of Obama's arrival, counter-protesters and police broke up an anti-government demonstration by the Ladies in White group, whose members were taken into custody by female police officers in a scene that plays out in Havana each Sunday. They're typically detained briefly and then



PRESIDENT BARACK OBAMA SPEAKS AT AN EVENT ON ENTREPRENEURSHIP AND OPPORTUNITY FOR CUBAN PEOPLE AT LA CERVECERIA IN HAVANA, CUBA. released.

Obama's visit was highly anticipated in Cuba, where workers furiously cleaned up the streets in Old Havana and gave buildings a fresh coat of paint ahead of his arrival. American flags were raised alongside the Cuban colors in parts of the capital, an improbable image for those who have lived through a half-century of bitterness between the two countries.

Many Cubans stayed home in order to avoid extensive closures of main boulevards. The city's seaside Malecon promenade was largely deserted Sunday morning except for a few cars, joggers, fishermen and pelicans.

The president's schedule in Cuba is jam-packed, including an event with U.S. and Cuban entrepreneurs. But much of Obama's visit was about appealing directly to the Cuban people and celebrating the island's vibrant culture.

“I don't think that the Cuban people are going to be bewitched by North American culture,” Gustavo Machin, Cuba's deputy director of U.S. affairs, told The Associated Press. “We don't fear ties with the United States.”

A highlight of Obama's visit comes Tuesday when he joins Castro and a crowd of baseball-crazed Cubans for a game between the beloved national team and Major League Baseball's Tampa Bay Rays. The president also planned a speech at the Grand Theater of Havana laying

out his vision for greater freedoms and more economic opportunity in Cuba.

Two years after taking power in 2008, Castro launched economic and social reforms that appear slow-moving to many Cubans and foreigners, but are lasting and widespread within Cuban society. The changes have allowed hundreds of thousands of people to work in the private sector and have relaxed limits on cellphones, Internet and Cubans' comfort with discussing their country's problems in public, for example.

The Cuban government has been unyielding, however, on making changes to its single-party political system and to the strict limits on media, public speech, assembly and dissent.

Obama will spend some time talking with Cuban dissidents. The White House said such a meeting was a prerequisite for the visit. But there were no expectations that he would leave Cuba with significant pledges from the government to address Washington's human rights concerns.

A major focus for Obama was pushing his Cuba policy to the point it will be all but impossible for the next president to reverse it. That includes highlighting new business deals by American companies, including hotel chains Starwood and Marriott and online lodging service Airbnb.

Perspectives

Food Trends

SHE SAID

MELANIE...



Walking around the halls of SHU, I am blinded by all the Vineyard Vines and Patagonia sweaters that I see. I can't get from point A to point B without seeing someone wearing a romper and pretty much everyone carries a Longchamp bag.

Clothing trends are simply a part of who we are as people. But I think it's safe to say that trends have now transitioned to what we put on our plates.

Do you guys remember when you couldn't stroll through the grocery store without seeing quinoa everywhere? A few years ago, it would be nearly impossible to find a recipe on Pinterest without the "miracle grain."

Even before quinoa, food fads and trends dominated our kitchen tables, and subsequently, our Instagram feeds.

The eating clean phase was my personal favorite.

Everyone would boast that they were eating clean, and tote around lunch bags filled with all-natural Greek yogurt, fresh fruits, and no carbs in sight. Yet, every weekend my newsfeed would be barraged by pictures of girls out and about with some 700 calorie mixed drink in hand.

Perhaps the eating clean fad forgot to mention that in order for it to work, one has to drink clean too...

How about in 2014 when we became a nation obsessed with tiny cakes? That's right, virtually every bakery and store in America converted their baking aisles into a cupcake paradise.

The Food Network even devoted an entire television show to cupcakes. Are cupcakes any more special than regular cake? In my mind, you're just getting less frosting, but still, we devoured them anyway. (No pun intended.)

Now, food trends in general don't really bother me. I'm sure there have been food trends as long as we've had civilization. If

you think about the '50s, you automatically associate it with meatloaf, just as you connect cavemen with eating wild animals and berries.

I think my issue with food trends nowadays is the media attention they generate. We're a generation obsessed with documenting every moment of our lives, and that includes what we eat for every meal of the day.

What really bothers me is the obsession with kale that seems to have enveloped the world. We make salads out of it, chips, even desserts. (I'm actually not sure about the dessert part, but if there's a way, trust me, someone's figured it out.)

I hate kale, and I'm pretty sure everyone who eats kale hates it too. It smells like pure sewage and I've never put it in my mouth, but I'm sure it is putrid.

On top of everyone eating kale, I feel like we've completely eliminated things from our diets. What did gluten ever do to harm people? Why is it that suddenly there are gluten-free, vegetarian, vegan, nut-free, lactose intolerant people boasting about the cookies they made out of tree-bark and sadness?

Listen, I don't want to hear about the cleanse you're doing this week or the new all-natural diet that will make me skinny-except I can't eat anything that isn't a French imported cheese and air.

Keep it off my Instagram and keep it to yourself.

I personally am going on a food trend strike until my personal favorite food-Fried peanut butter jelly bean chocolate chip tacos - becomes the next trend.

HE SAID

ANTHONY...



Trends dictate a lot about culture in the Western world. Through media and social interaction, we're exposed to so many trends all the time that it's hard to avoid adopting some into our daily lives.

Perhaps the king category of cultural trends, at least in the U.S., is food. Whether one's into healthy eats or simply good-tasting works of culinary art, there are always fashionable foods to talk about.

When it comes to health conscientiousness, protein powder comes to mind right away. I've heard from people of older generations that it's been around since at least the 1970s, but one would be remiss to think it hasn't gained significant popularity in the past decade or so.

As the story goes with health supplements, anything that's believed to give one an edge in physique or performance will be in demand by the masses.

Protein powder, however, is typically consumed most by gym-goers and athletes. If one isn't trying to make their biceps larger than 15 inches, or if one just wants to avoid feeling bloated, then there are different trends to follow for that, too.

Kale as a healthy addition to one's diet has been an ongoing food trend, but, apparently, it's getting taken over by seaweed (I had no idea of this, but CNBC.com confirmed it). Seaweed is rich with antioxidants and fiber, plus it's green, so that makes it even look healthier than that cheeseburger we all dream of.

Now, since I've brought up cheeseburgers, it's only fitting I mention the more fun (and surely unhealthy) food trends of America.

The first thing that comes to my mind when thinking of greasy pleasure is macaroni and cheese.

At this stage of its evolution, the golden pasta has made it from side dish to main course in many arenas.

The Merritt Canteen, a food establishment beloved by countless Sacred Heart students, has mac-n-cheese bites as one of its most popular menu items. When they announced that they were out of the delicacy for an unknown amount of time, there was a University-wide frenzy.

There is another restaurant on Main St., Mac-N-Out, dedicated to serving mac-n-cheese products.

Evidently, mac-n-cheese is becoming a true powerhouse amongst the other variations of pasta. And I'm a big supporter of the movement.

Food from the fryer and grill is great eating, but everyone knows dessert holds a special place in the heart. Even if you pit the best bacon, egg and cheeseburger against the most simple, homemade brownie, the brownie has a fighting chance to win the competition.

With that said, there's a new dessert trend I've noticed that has been making Pacific-Ocean-sized waves in the culinary world in recent times....

Ice cream has been an American dessert staple for I-don't-know-how-long. However, like many traditional foods, it's taken on a broader role on menus over time.

Whereas ice cream sandwiches once meant some ice cream in between two cookies, now there are some that replace cookies with churros, doughnuts, or any other pastry one could think of- so simple, yet so revolutionary.

Growing up, I thought the ice cream sandwich was the coolest, most reckless experiment of dessert blends I've ever encountered. Then, I grew up and realized how easy it is for one and one to make two.

Maybe I'll wake up tomorrow and make chocolate pudding mixed with lemon sorbet a new trend? Anything is possible in this climate.

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Please include titles of pieces, your full name, and class year or title/position.



POET'S CORNER

SOMETIMES...

The night is a window to my soul; for me the night - its an open door.
 Sometimes ... the stars bring to my eyes; Enjoyment, Excitement and Surprise.
 Sometimes ... the moon holds in my hand; Promises, Hope or an unknown plan.
 Sometimes ... the music sings to my ears; Torment, or Truth and a lot of tears.
 Sometimes ... I simply need a friend. Sometimes ... it's me who comforts them.
 Memories, miracles may become clear; Happiness, or heartache can surely appear.
 A Dance, a Dream, What will it be? Feelings of Freedom, Fear or Peace?
 In the spirit of praise and some success; words of wisdom, or a lot of stress?
 Through The Darkness, Comes the Light. Its brings my head, my heart back to life.
 THAT night will come, when I will not wake; My Soul be Pure; For that I pray.
 Until that time... My soul screams out Make the most of it, before its too late.
 Sometimes...

- Charlene Shoe, MBA 2017

Perspectives

Students Participate in Global Service Learning Experience

BY GIOVANNA GATTO

Asst. Perspectives Editor

Over spring break while some students were catching up on their Netflix binge watching or reforming their daily nap schedules, others participated in international service learning experiences. Sacred Heart University students traveled as far as Nicaragua, Colombia, Guatemala and Costa Rica. These unique alternative spring breaks left students from each experience wiser and with a more colorful view of the world.

For some, this was their first time participating in a trip of this kind. However, their expectations were more than surpassed. Not only did students have the chance to live in a world outside of their own, they had the opportunity to live as a part of the community, to learn the culture and to value the people of the country they experienced.

"This was my first time participating in a service learning trip. Although we were in Nicaragua for a short week, it was a highly rewarding experience. We were able to immerse ourselves into the Nicaraguan culture, language, as well as learn about their history from their perspective," said graduate assistant Hajira Butt. "In the morning, we would attend Spanish class. In the afternoon, we would work in the soup kitchen and then do different activities with the kids. Being able to interact with the poverty community made this trip meaningful to me. It forced me to step away from our materialistic world and into their shoes."

Some students found themselves going back to the same country with a sense of global understanding. These participants, along with the others, valued not only service learning but the opportunity to gain a sense of the country they were in by physical immersion within the culture.

"This was my second year as part of the Colombia delegation, and this year was even better than the last. We work with a foundation in Bogotá that is similar to that of YMCA or Boys and Girls club here in America. It's a place that the children of the community can go to as a bit of a safe haven in a typically more dangerous neighborhood. It also provides for the families that partake in the foundation. This year on our trip we provided a make-over for a restaurant for one of the families in the foundation," said senior and Spectrum Arts & Entertainment Assistant Editor, Haley Tanella. "We also were able to give the daughters of the family a new set of bunk beds and a fresh coat of beautiful purple paint on their walls. It's amazing to see the impact one small act of kindness can do to change someone's life."

Every alternative spring break gave the students a chance to experience a community that welcomed them into their home.

"My trip to Guatemala was phenomenal. It is amazing how loving the people in Guatemala are, even to college students they just met. Guatemala felt like home almost immediately and I look forward to going back in the future," said freshman Megan Keane.



PHOTO COURTESY OF GIOVANNA GATTO/SPECTRUM

STUDENTS PARTAKE IN A MISSION TRIP TO COSTA RICA TEAMING WITH A COSTA RICAN UNIVERSITY CALLED TECNOLOGICO DE COSTA RICA

Each service experience cannot be replicated. Sacred Heart students had the experience to travel, all while forming unbreakable bonds. They were left with a clearer understanding of the world and a deeper sense of how interconnected society is.

"Attending the Costa Rica service learning trip was unlike anything I have ever experienced before. Not only was I participating in environmental relief and service work but I had the opportunity to interact and befriend people who have forever changed my life. My trip was unique because we paired with the Costa Rica Institute of Technology or TEC. It is safe to say the people that I met are not just memories, they are friends and family to me," said sophomore Stefanie Falcone.

Pioneers Sound Off On Easter Break Changes

BY GIANNA IANNOTTI

Staff Reporter



GIANNA IANNOTTI/SPECTRUM

EASTER IS IN FULL SWING CAMPUS-WIDE

Sacred Heart University announced early this year that the 2016 Easter Break would be shortened in length for students compared to years prior.

Last year, students were given April 1 through April 6 off for Easter, in addition to having April 7 off for a faculty day. However, this year several days were removed, giving students Friday, March 25 through Sunday, March 27 as a reprieve from school.

This original change in the schedule would have required students to resume their classes on Easter Monday.

"Easter break should be a chance to go home, relax and be with family and friends, one shouldn't have to worry about rushing back to school," said sophomore Kelly Gilbert.

Due to both student and parent feedback, Sacred Heart decided that it would be more accommodating to allow students off from class Monday, March 28 as part of Easter

Break. The extra day will allow students sufficient time to make the trip back to school.

Some students felt as though the new schedule was suitable and allowed enough time to travel between home and school.

"I think that four days are enough of a break for Easter. It gives everyone an extended weekend and it's long enough for people to visit their family, even if they live far away," said freshman David Lazor.

Several students however were still concerned by the shortened length compared to previous years. Some of the discontent stems from the University's religious affiliation of Catholicism. Many students celebrate Holy Week with their families and attend mass on Easter Monday.

Sophomore Alana Ferrone felt as though the reduced break would affect student's time with their loved ones.

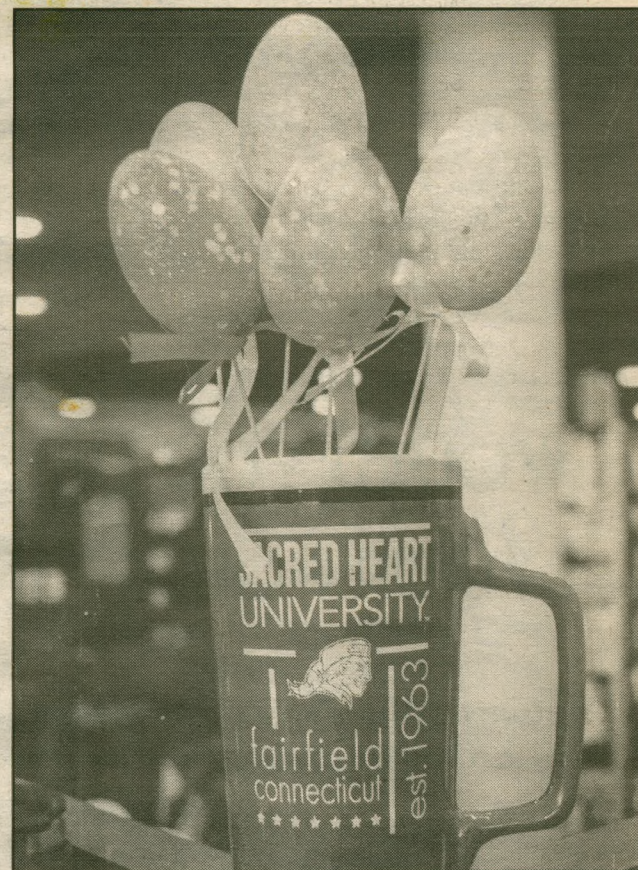
"I have been in Catholic school since I was in the first grade and we always had all of Holy Week off from school. I think that as a religiously affiliated University, we should have the time off to be with our families," she said.

Though the break change did not personally affect the attitudes of all students, some still felt strongly on the matter. Junior Amanda Di Lorenzo found that the break change did not personally disturb her vacation routine due to her class scheduling and commuting status. However she knew of others who were upset.

"I know a lot of students who are very unhappy about it. I do think it's unfair that the break has been shortened," said Di Lorenzo.

Select students nevertheless felt that if days were to be taken away from a break, it should have been from Winter Break rather than Easter Break. Senior Blake Galullo felt as though winter break is simply too long.

"At that point everyone's kinda ready to come back, and then once Easter rolls around, people that live far away want to be with their families," said Galullo.



GIANNA IANNOTTI/SPECTRUM

SACRED HEART UNIVERSITY BEGINNING TO LOOK FESTIVE IN EXCITEMENT FOR THE EASTER SEASON

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“One-and-Done” With It TAMARIC WILSON

ASST. SPORTS EDITOR



It's that time of year again. Brackets are being filled out, while hair is being pulled out as people's NCAA tournament picks get upset and their brackets get busted. This year's tournament has already provided plenty of excitement thus far. But it is missing just one thing: the projected number one overall pick in the next NBA draft.

That's right, Ben Simmons is not in the tournament this year because his team was not good enough. Part of their downfall came from Simmons being a distraction and skipping class.

When he skipped class he was forced to sit out for a period of time, which hurt his team, and they just seemed to not be able to recover after that.

This is an interesting issue because it brings up the bigger topic of the whole “one-and-done” phenomenon in college basketball. Simmons did admit to skipping class and he has also not been able to accomplish a GPA of 2.0 or higher, which takes him out of the running for the Wooden Award.

The Wooden Award is given to the best player in college basketball, however it has a 2.0 or higher GPA minimum requirement. The award isn't really the big deal here, but the fact that a student athlete isn't taking their studies seriously is.

This is very common in the “one-and-done” era, which began in 2006 when the NBA implemented a rule stating that players must be at least 19 years old and a year removed from high school in order to be eligible for the NBA draft.

This rule came into play after Kevin Garnett began the trend of going to the NBA straight out of high school in 1995, and was followed by many players. There were many successful players to do this such as Kevin Garnett, Kobe Bryant, and LeBron James;

but there were also players that didn't work out such as Kwame Brown, Leon Smith, and Robert Swift.

The players that didn't work out drove owners crazy because they were wasting draft picks, so they decided to take action and implement the new rule so they could get a better idea of players in one year of basketball after high school.

That part makes sense, but what doesn't make sense is just having them in college for a year.

I understand that players can choose to go overseas and play, but not many people raised in America would like to go to another country just for a year, when they can stay home and be pampered at a university for a year.

The problem with going to a university is full scholarships are being used for people that don't even truly want the college education, and there are people out there who would love to have it.

Why not follow in the footsteps of college football and force a player to at least complete three years of school? That way a degree can be earned in three years if an athlete works hard enough, or they may feel that they may as well finish.

Another alternative could be using the Developmental League you already have running as a place for players to play out of high school. I mean I get it, you don't want to waste your money and a draft pick, but that doesn't mean we have to waste college scholarships and force people into classes they don't want to attend.

Wouldn't you rather see people who actually want a degree to receive these scholarships?



Do Something Crazy! (Outside of Your Comfort Zone, at Least)



HALEY TANELLA
ASST. ARTS & ENTERTAINMENT EDITOR

As the old saying goes, YOLO. You only live once. While you may only live once, you'll also be a student at Sacred Heart once (well, twice or even three times if you're going to pursue a master's degree or doctorate, but that's besides the point, I guess). While four years may seem like a lot of time, coming from the perspective of a second semester senior, it's not.

While I'm typically not the type of person to get too far into detail about how much I really do love SHU, the opportunities I've been given here have helped me achieve some amazing goals and really helped me live out my idea of what “you only live once” means to me.

When I first arrived at Sacred Heart back in August 2012, the younger, 18-year-old version of myself would laugh if you told her that, one day, she would be working with children at a foundation in Colombia, and not only once, but twice during her four years at Sacred Heart. Or that she would even write for the school's paper, let alone become a part of the editorial staff. Or even lead students as an Orientation Leader, join a sorority, and gain some pretty awesome internships.

Needless to say, before I became a student here, my expectations for what I could do with my life were extremely limited.

Not only was I afraid to break through my metaphorical shell and try something new, but I was afraid of the consequences of taking on too many things and falling short. I was, generally speaking, a nervous person, afraid to embrace something new.

However, after one opportunity led to another, I was able to find things at Sacred Heart that I loved. Things I could never see myself doing in the past, but after doing them, can't see myself or my future without them.

While some of the things I've done have been through taking a leap of faith, other doors of opportunity were opened from a rejection, a let-down, or a disappointment. So, don't let the bad times keep you down. There's another saying - as one door closes, another opens.

When a opportunity comes your way, make sure you take it. I'm telling you now, when you're a SSS (second semester senior) and you're saying to yourself, “Man, I really wish I went on more of the discounted sports games through Student Life” or “I wish I applied for a Habitat for Humanity trip” or “I wish I joined La Hispanidad” it'll be too late.

So while you can, try to squeeze in at least some of the things that may look interesting to you and give something new a try.

You never know, along the way, something can completely change your life, hopefully for the better, and you'll be happy you were able to take a leap of faith and step outside of your comfort zone.

While it might sound cliché, take advantage of every moment you have at this awesome university. Because when it comes time to say good bye, it'll be harder than you think.

YOGTSHUO — You Only Go To Sacred Heart University Once. Do something crazy!

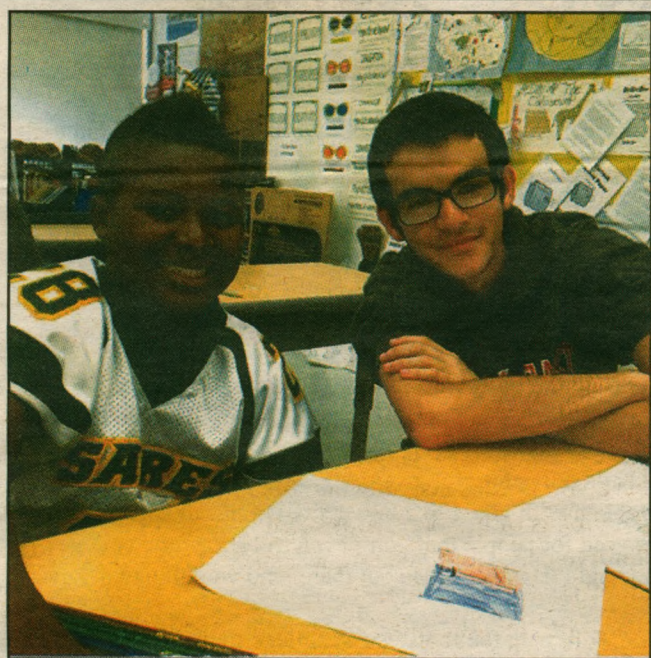
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Features

OPK Helps the Fight For Children's Education

BY MICHAEL MENACHE
Staff Reporter



MICHAEL MENACHE/THE SPECTRUM
OMEGA PHI KAPPA HAS BEEN HELPING YOUNGER KIDS DEALING WITH ALL DIFFERENT ISSUES.

After Sacred Heart alumnus Stephane Smarth graduated in 2013, he wasted no time in choosing the career path he was going to follow for the rest of his life. He chose to continue with his fraternity's mission to "help inner city children continue their education."

The Stamford Mentoring Program that Smarth now works for is attempting to help kids that are at risk and those who come from low-income families plan a future for themselves. They want these kids to have something to work hard towards, so that their dreams can become more of a possibility rather than a fantasy.

"We provide mentoring services to kids in elementary all the way through 12th grade," said Smarth. "We identify the kids by the schools that

need additional academic, social support and or the guidance that is necessary to be successful during all three stages of school."

Smarth and the other members on the S.P.E.F team keep their focus around four main objectives. These objectives involve goal setting, academic engagement, extracurricular activities and college/career readiness.

"The idea isn't that we are teaching or tutoring, but rather helping these young students become well rounded in all aspects of life," said Smarth.

The S.P.E.F program is currently mentoring at 17 of the schools in Stamford, and work with over 700 students. This number being 300 more than the previous year now gives the program a chance to expand and reach toward a goal of servicing 1000+ students by 2017.

"We set goals for ourselves and we really think that we can reach 1000 students by 2017," said Smarth. "Also, with additional help from the undergraduates of Omega Phi Kappa, I see S.P.E.F as being one of the lead front runners in providing academic support to Stamford students."

Fall semester 2015, Smarth brought the S.P.E.F program to the brothers of Omega Phi Kappa in hopes that they would be willing to accept the responsibility of becoming a mentor.

Senior and now President of OPK Steve Reilly thought it would be a great opportunity for the fraternity to get involved with S.P.E.F. He agreed with Smarth and allowed him to speak at one of OPK's weekly chapter meetings.

"When Stephane first brought this to my attention, my initial reaction was that this was a great idea. It fit our philanthropy and our fraternity needed to complete a certain amount of community service hours before the end of the year," said Reilly. "I never even realized how much of a difference I would eventually make."

OPK got involved with the program in the late fall of 2015. They would donate an hour of their time

every week and met with students they would be helping for the year.

"At first it was extremely difficult because you could tell these students were skeptical at first," said Reilly. "They really didn't trust us, but as time went on we found a common interest with them and they started to open up. They would get excited to see us."

The brothers of OPK follow the four main objective system S.P.E.F has planned out for them. However, there are times when they feel like their attention is needed in other situations.

"Sometimes I can see that my kid is distracted by something bothering him. I know my place, however if he is really down I'll ditch the exercise that was planned for the day and just do what he wants to do," said Reilly. "It's amazing how much it means to these kids if you just sit there and listen to them talk about their interest or whatever is on their mind."

Reilly and the brothers of OPK plan to invite other organizations on campus to help the S.P.E.F program in finding more mentors. They think that it will benefit the awareness of child education and help make a difference in the community of Stamford.

"These kids look up to us, and I'm just a regular college student. Can you imagine if a D1 athlete walked into one of these classrooms? The kids would be star struck and in complete awe," said Reilly.

Junior Steve Collari is also a brother of OPK who has been part of the fraternity since the fall of 2013.

"In all of my years in OPK, this is the first time where I actually feel like I'm making a difference. If you're an organization on campus please look into the S.P.E.F program. You have no idea what it means to these young students," said Collari.

These young students that are in the S.P.E.F program need somebody to look up to for guidance. A person other than a teacher or parent. If you have an organization that's wishes to help S.P.E.F or if you have any additional questions please contact reillys158@mail.sacredheart.edu.

Criminal Justice Seminar Helps Domestic Violence Victims

BY MANUEL VARGRAS
Staff Reporter

Walking into Sacred Heart Professor Tanya M. Grant's freshman seminar, there were multiple baskets filled to the brim with toys, coloring books, and small toiletries on the wooden round conference table.

Grant had asked the students of her freshman seminar class to collect items such as toothpaste, shampoo, and toys to donate to the Center for Family Justice as a chance to get a firsthand look of what it's like to be in a domestic violence case and leave the most basic belongings.

The freshman seminar itself is titled "Domestic Violence and Pop Culture." It focuses mainly on how various forms of media portray messages of domestic violence through movies and music.

Grant, the former Director of Court Advocacy for the Center for Family Justice said, "I thought that providing donations that are useful for victims would give the students an opportunity to understand that when victims flee a domestic violence relationship, they often leave their homes with nothing but the clothes on their backs."

Sacred Heart University and the Center for Family Justice have had a long term connection.

Debra Greenwood, a Sacred Heart alumna, is the CEO of the Center for Family Justice and shared that the Sacred Heart community acts as a massive help in their mission to help local victims.

Sacred Heart's Title IX Coordinator, Leonora Campbell, is a key partner in their efforts.

"Sacred Heart University President Dr. John Petillo has supported many of our public awareness campaigns along with members of the Delta Tau Delta fraternity, who embrace domestic violence awareness as a men's issue," said Greenwood.

The family justice center itself is a program dedicated to help a victim of domestic violence by providing all the services they might need under one branch. By supplying all the safe and legal services under one program, the people going through a domestic violence case have a streamlined method of solving their issues.

The safety of people who have been affected by domestic violence is very



CARA FUSILLO/THE SPECTRUM

THIS FRESHMAN SEMINAR CLASS IS HELPING FAMILIES THAT DEAL WITH DOMESTIC VIOLENCE ONE BASKET AT A TIME.

important to the Center for Family Justice. The program provides a secret safe home for adults and children who are trying to escape an abusive case of domestic violence.

The location of the safe homes, also referred to as Kathie's or Paul's place, are kept under wraps and are given to only a few of the staff that work there to ensure the safety of the victims.

"I think that programs like this are important. I'm glad that Sacred Heart gets to interact with a program that is aiding many helpless victims to leave their current situation," said sophomore Katherine Herndon.

Assignments like Grant's basket project help create awareness to the Sacred Heart students and allow them to get a better understanding of domestic violence in general and its effects on the community in the local area.

"This activity allowed students to truly understand the hardships victims go through," said Grant.

Previously known as The Center for Women and Families of Eastern Fairfield County, The Family Justice Center began five years ago and will make their formal debut at their new headquarters in Bridgeport on April 4.

Features

Psychology Professor Publishes on Obsessive Compulsive Disorder

BY EMILY ARCHACKI
Editor-in-Chief



DR. CHRISTINA TAYLOR / SACRED HEART UNIVERSITY
DR. CHRISTINA TAYLOR MEETING THE PRESIDENT OF THE CUBAN SOCIETY OF PSYCHOLOGY, DR. ALEXIS LORENZO RUIZ, LAST WEEK IN HAVANA, CUBA.

Obsessive-compulsive disorder (OCD) defined by the National Institute of Mental Health, “is a common, chronic and long-lasting disorder in which a person has uncontrollable, reoccurring thoughts (obsessions) and behaviors (compulsions) that he or she feels the urge to repeat over and over.”

Dr. Christina Taylor, associate professor of psychology at Sacred Heart University, recently published a book on the subject titled, “OCD: A Workbook for Clinicians, Children and Teens; Actions to Beat, Control & Defeat Obsessive Compulsive Disorder.”

The workbook is her first published book. “I have been a practicing clinical psychologist, licensed in Connecticut and New York, since 1990. The work is really an outcome of my focus as a practitioner and as a researcher,” said Taylor.

In 2010-2011, Taylor began work on the book

during a sabbatical from the university. “The book really came out of my knowledge as a psychological researcher, scholar, and my clinical work,” said Taylor. An alumna of Sacred Heart, Taylor has worked at the university for the past 43 years.

After graduating from Sacred Heart, she pursued a university teaching assistance-ship at the University of Missouri - Kansas City. There she earned a Master’s of Arts in General Theoretical Psychology. Taylor was then invited back to Sacred Heart to teach part-time, later hired as full-time faculty.

She took a leave of absence to pursue her doctorate in social personality psychology at the Graduate Center of City University of New York (CUNY). There she earned a Master’s of Philosophy and a Ph.D. in Social Psychology. At CUNY, Taylor’s mentor was Dr. Stanley Milgram, best known for his studies on obedience to authority at Yale University.

“He showed that ordinary people would administer potentially lethal shocks under the orders of an authority,” said Taylor.

Taylor finished her doctoral dissertation in September of 1984. At the time, Milgram was ailing from heart disease.

“I was the closest [of his students] to finishing my degree,” said Taylor. “He called me that October saying he was going to schedule the defense of my dissertation.”

Her dissertation was scheduled for December 20, 1984.

“That day, prior to defense, he started to have symptoms of a heart attack. I had wanted to take him to the hospital, but he refused,” said Taylor.

That same evening, Milgram passed away. “In my experience of working with him, and knowing the psychology of how people postpone their deaths, I think he gave me a great gift by living long enough to see me be awarded my doctoral degree,” said Taylor.

Taylor later completed post-doctoral work in

clinical psychology at Hofstra University. She began work involving OCD after choosing an internship that focused on research. The internship was conducted at the Bio Behavioral Institute in Great Neck, N.Y., which specializes in OCD.

“Over my years of specialized treatment of OCD, what I have seen first hand is that this is probably the most unique psychiatric disorder because it can involve any number of symptoms. As a result, especially with regard to worrisome thoughts, these types of OCD symptoms very often are misdiagnosed,” said Taylor. “So those of us that work in this field and know the disorder, can see that people very often receive the correct treatment for their disorder, because they are misdiagnosed.”

The focus of her book looks at how to utilize cognitive behavioral techniques, specifically exposure and response prevention.

The workbook begins with an introduction addressed to clinicians, which could be psychologists, counselors, clinical social workers, teachers, parents, etc. All of the major types of OCD are covered including contamination, checking, perfectionism, hoarding, worrisome thoughts, and worries about religion, God and sin.

“The value of having really excellent training and being able to put that into a book underscores the value of a book such as mine, because that could be in the hands of clinicians who are not familiar with OCD. Who then can really begin to acquire the kind of skills where they can provide people with the kind of help that will really work,” said Taylor.

Taylor traveled during spring break this year to Havana, Cuba where she had the opportunity to share her book with the Cuban Society of Psychology. She donated a copy to the society as well as the University of Havana.

“OCD: A Workbook for Clinicians, Children and Teens; Actions to Beat, Control & Defeat Obsessive Compulsive Disorder” is available for purchase online through Amazon.com.

Students Get Advice From Young Alumni

BY MADDALENA TONDI
Staff Writer

On Tuesday, March 16 the Student Alumni Association held a Young Alumni Networking Panel in the Martire Center Theater. The panel was aimed toward a variety of students by featuring five alumni with different degrees and career paths who graduated from Sacred Heart University between 2008-2015.

“Our goal is to forge a relationship between current students and the alumni to give students the opportunity to learn from people who were in their shoes, to ask them questions they might not be able to ask their professors and to help them be successful in their careers,” said President of the Student Alumni Association, senior Taylor Richard.

She also said that for this particular panel they wanted to reach a diverse range of students by having alumni from different backgrounds and perspectives. So with the help of the Student Alumni Association’s advisor Cavya Cumar, they contacted Zachary Giglio ’08; Nicholas Kapoor ’11, ’14 MBA; Matthew Maleri ’08, ’12 MBA; Tanya Payne ’15; and Annie Rouquie ’12, ’13 MAT.

Alumnus Zachary Giglio ’08 graduated with a degree in political science and government and is currently working as a PR and Communications Contractor for political parties.

Alumnus Nicholas Kapoor ’11, ’14 MBA graduated with a degree in both mathematics and government

and politics. He has worked as a financial analyst for I-Engineering Inc., an Assistant Minority Leader for the Monroe Town Council, and currently works as an adjunct professor at Sacred Heart University and Fairfield University in the Mathematics and Science Department.

Alumnus Matthew Maleri ’08, ’12 MBA graduated with a degree in business and is currently a partner in Rocaton Investment Advisers in Norwalk. He primarily deals with endowments, funds and other issues regarding the stock markets.

Alumna Tanya Payne ’15 graduated with a nursing degree and currently works in the Pediatric Resource Pool at Yale New Haven Hospital.

Alumna Annie Rouquie ’12, ’13 MAT graduated with a degree in mathematics and is currently a 7th grade math teacher at Smith Middle School in Glastonbury, Conn.

After introducing themselves, the floor was open for the students and faculty in attendance to ask the alumni questions.

One question posed was on what steps they took to be successful before graduating college. The overall consensus of the alumni was to use the time and resources that Sacred Heart University offers to the upmost advantage.

“Network with your professors as much as possible,” said Kapoor. “Here at Sacred Heart University the professors know you and should be able to help you transition out of school.”

The career center is one of the most helpful tools at your fingertips here at Sacred Heart. “Use Career Development,” said Rouquie. “They give you a solid starting ground that you can continue to build off of.”

The alumni also gave advice on how to best represent yourself in an interview, how to adjust to life after college, as well as more personal questions such as their favorite memories at Sacred Heart.

The alumni ended the panel with their final thoughts.

“Don’t worry about money,” said Giglio. “The happiest people are the most successful.”

Rouquie had the final word in saying, “Enjoy every second you have left here. Have fun.”

The event was thought to be helpful to many students, including junior Kila Nelson.

“It was amazing, I wish more students could have experienced it, it’s great to have young alumni, it was very insightful,” said Nelson.

Former Sacred Heart professor, John Kikoski, PhD., also attended the event. He gave an anecdote about himself and his life, and he expressed his admiration for the alumni for taking part in the panel. “You are lucky to have the opportunity to talk to these wonderful people,” said Kikoski.

Getting advice from college graduates can help both before and after graduation.

“I enjoyed the conversation we were able to have with the alumni,” said Richard. “Overall I think it was very successful.”

Arts & Entertainment

Spring Break in Italy A Recap of SHU Choir's Week Abroad

On Friday, March 4 the Sacred Heart University Choir began their travels overseas to Italy. They performed three concerts for Italian audiences.

The choir makes an abroad trip every other year. In 2012, they traveled to Spain, and in 2014 they traveled to Ireland.

"This was our biggest group of students ever. We had about 50 students singing with the choir, we had some of our choir staff, and then some parents and family members went. We had a group of about 69 people," said director of Choral Programs, Dr. John Michniewicz.

The group traveled together throughout the entire trip. One of their performances was part of a Sunday mass at Saint Peter's Basilica.

"The best part of the trip was being able to sing in St. Peter's Basilica for mass. I never left the country before so this was very different to me and a great experience especially being in my homeland of Italy," said sophomore Julia Villari.

The choir then performed for John Petillo, president of Sacred Heart, at San Marcello in Rome.

"We performed a few times while we were there and once with another local choir and it was so amazing to see how well received we were by the audience. Some of the audience members did not even speak a word of English, but loved to see us there which was great to experience," said junior Erika Thomas.

Before moving on to Sorrento for their last performance, the group toured the sites of Italy.

"We had two tour guides with us for the week and we toured Tivoli Gardens, the Vatican Museum, Pompeii, the Amalfi Coast, and Sorrento," said Michniewicz.

The group was able to learn so much about Italy over the course of their trip.

"I learned how each culture is different and how their country is so much older than ours and has so much history," said Villari.

The choir then performed at Basilica della Santissima Trinita in Sorrento on Thursday, March 10.

"When we performed in Sorrento, the church was so



CORY ROBINSON/ SACRED HEART UNIVERSITY

SACRED HEART UNIVERSITY'S "SHUPERMEN" POSE OUTSIDE THE COLOSSEUM

crowded and everyone was clapping and cheering for us. No one understood what we were saying. This taught me the power of community and that even though we have many different backgrounds we can all come together as one community," said sophomore Anthony Bentivenga.

Not only was the trip to Italy a chance to see all of the sights and perform, it was also a great bonding experience.

"On these kinds of trips the choir members themselves become close through shared experiences and seeing exciting things," said Michniewicz.

Overall, choir members were very grateful for this unique international learning experience.

"I have gained so much from this experience and I

was able to appreciate such an amazing opportunity. I also made very close friendships with people I barely knew before. I think that this whole trip brought us closer together each day and formed lasting friendships," said freshman Savannah Viggiano.

In between traveling abroad, the choir usually goes to Disney World in Florida on the off years. There they perform in Downtown Disney and at Basilica of Our Lady Queen of the Universe.

"We are considering a couple of different options, there're tons of places to go that would be great places to visit. Probably next year we will be going to Disney," said Michniewicz.

"Irish Pride"

SHU Irish Step Dance Ensemble celebrates St. Patrick's Day with tap show

BY JULIANNA MAURIELLO

Staff Reporter



JULIE MAURIELLO / THE SPECTRUM

MEMBERS OF THE IRISH STEP ENSEMBLE PERFORM A NUMBER OF DANCES IN FRONT OF A LARGE CROWD AT THE EDGERTON.

Sacred Heart University brought Irish tradition to the stage on March 17, with the Irish Step Dance Ensemble's performance entitled "Irish Pride."

The Irish Step Ensemble took to the stage to perform a total number of 10 numbers throughout the night. Not only did the group dance to traditional Irish Step music, but they performed a variety of numbers set to modern step music and electronic music as well.

"I really enjoyed the variety of music from traditional to modern, and I was surprised that I was able to recognize most songs with the Irish tones and themes set to it," said freshman Abigail Black.

Before the opening number began, the Master of Ceremonies, and Irish Step Ensemble choreographer and instructor, Allison Wetterauw, came to the stage to introduce the history of Irish dancing to the audience.

First to be performed was the traditional ceili known as "Four Hands."

"Ceili is the Gaelic term used for group dancing," said Wetterauw.

Eight dancers appeared on the stage dressed in uniform with all black dresses, black tights, and black shoes. This upbeat group number set the tone for the Irish techniques and traditions the audience would see throughout the rest of the show.

"I have never wanted to become a dancer more in my entire life," said senior Melissa Haggerty.

Performed next was the traditional ceili, "Eight Hand." The title "Eight Hand" is only fitting, seeing as eight dancers performed this musical number. Throughout the number, the eight dancers on stage would couple up and create traditional configurations on the stage.

The "Spring Fun Number" was a mixture of traditional and modern style Irish Dancing. All of the dancers in the Irish Dance Ensemble performed what is called a "soft shoe number," traditional Irish step, set to modern pop music.

Dance Instructor and Master of Ceremonies, Wetterauw, choreographed this dance.

The Dance Company Tap Ensemble performed the next number that was choreographed by Sally Hong. Five dancers from the Tap Ensemble came to the stage and performed a number that was a more modern dance with hints of Irish Step to carry out the theme.

The Irish Step Dance Ensemble took the stage once again with another number choreographed by Wetterauw entitled "Fall Fun Number." This number brought life to the crowd and put smiles on their faces with a mash-up of more modern pop songs. All 12 dancers returned to the stage for this number in their black dresses, tights, and shoes to perform the traditional and modern crossover in unison.

To finalize the theme of the show, the Irish Step Ensemble performed a traditional dance called "St. Patrick's Day."

"It is one of the traditional dances where everyone around the world does the exact same steps to the same

music. This number is a symbol of how connected the Irish Dance community is connected worldwide," said Wetterauw.

"Irish Pride" is the first show comprising solely of the Irish Step Dance Ensemble's performances.

"This is the second year this ensemble has been in existence, and its first year as a competition team," said Wetterauw.

Though this is the group's first year in competition as a team, some of the dancers have performed or won titles of their own in the world of Irish Dancing.

The next number, Planxty Davis, was performed as a solo by Melissa McCarthy. McCarthy won the World Irish Dance Championships in Belfast 2012. As an Irish Dancer, this is the best honor you can achieve.

Virginia Clark performed the second and final solo of the night, Vanishing Lake. Vanishing Lake is a piece that is choreographed to accent a dancer's strengths. This piece is done as a solo in the final round of the World Irish Dance Championships, which Clark is currently competing in.

"The Irish Step Group is an audition based class, just like the Dance Company and the Hip Hop Crew," said Wetterauw, "I instruct and run the class."

With a mix of both full ensemble numbers and solos throughout the show, each of the 12 Irish Step performers on stage got a chance to savor the spotlight.

"We have competed with almost all of these numbers at competitions, so the team has been preparing for this performance all year," said Wetterauw.

The closing number was performed to a bagpipes instrumental cover of "Wake Me Up" by Avicii. This number showcased the way both modern music and traditional Irish Step could be combined.

"To build from the Dance Ensemble's Harvest Variety Show last year to our own St. Patrick's Day performance shows just how much we have grown already," said sophomore Irish Step performer Laura Smith.

Arts & Entertainment

The Music Faculty Presents Jobimfest II

An evening to celebrate the sights and sounds of Brazilian Jazz

BY SYDNEY RUGGIERO
Staff Reporter

On Tuesday, March 15, Professor Joe Carter was joined by four other musicians for a concert celebrating the music of Antonio Carlos Jobim at the Edgerton Center for the Performing Arts.

Professor Carter, who was featured on the guitar, was the leader in song for the evening. The first piece performed was titled "Luiza."

"I had been wanting to play this song for a while but just haven't had the time to get to it and put it in my repertoire, so I was glad I was able to do it with this group" said Carter.

Carter was joined by Professor Ali Ryerson who played the flute, Hendrik Meurkens on the harmonica, David Finick on the bass, and Adriano Santos on the drums.

The group has performed together before and has become relatively familiar with their repertoire of song selections.

"No real practice or rehearsal. We're all familiar with the songs, The only concern is the arrangement. [Such as] who plays the melody [and] who solos first. We setup in the theater and did a sound check, setting a balance of the instruments in the hall," said Carter.

The group performed six numbers in total. The stage was lit just on the performers, so the main focal point was on the small intimate setting that the musicians made on the stage.

Between each number Carter would say a quick blurb about each of the songs.

"We're all freelance musicians so we're constantly performing with different musicians in different combinations. At some point I had played with each of these musicians in different settings and I made a mental note that these would be the musicians to ask for this type of concert," said Carter.

Some members of the Sacred Heart community filled the audience and enjoyed the unique sights and sounds of the concert.

"As a flutist I typically only play classical music, but I did enjoy hearing this type of music. It was very light and



MARK F. CONRAD / SACRED HEART UNIVERSITY

SACRED HEART UNIVERSITY'S MUSIC PROGRAM HOSTED THE THIRD ANNUAL JOBIMFEST CELEBRATING THE WORK OF ANTONIO CARLOS JOBIM. THE TRIBUTE FEATURED PROGRAM DIRECTOR JOE CARTER AND THE BRAZILIAN ALL STARS.

relaxing to listen to," said sophomore Sara Falvey.

The evening was arranged in a way to celebrate the music of Brazilian songwriter Antonio Carlos Brasileiro de Almeida Jobim.

Jobim's music was popular during the 1970s, 1980s, and 1990s, however, he wasn't known for producing many albums.

The Brazilian flair of the music brought a new and exciting taste of culture to the Sacred Heart music community.

"The songs were long but I liked how each instrument seemed to be featured so you really had a chance to concentrate on one at a time. They also sounded really good all together," said sophomore Caroline Giunta.

Despite his limited popularity, Carter says some could recognize the songs and melodies of Brasileiro de Almeida Jobim.

"Melodies that seem to be familiar, like you've heard them before but you didn't remember how beautiful they were, mixed with a rich harmony that we can improvise or

solo over, mixed with rhythms that are a blend of African, European Folk and European Classical traditions," said Carter. "The music has a soft relaxed sound but contains enough substance so that you continually go back to it and hear things you didn't realize were there before, like viewing a great work of art over and over again."

Although many of the attendees of the evening were part of the Sacred Heart student body and staff, members of the outside community were also in attendance.

After years of dedication to playing this type of music, Carter says it holds a special place in his heart.

"I fell in love with this music the first time I was exposed to it and my love for it continues to grow as I continue to study it. One of the purposes of my classes is to show this music to students who might not have the opportunity to hear it otherwise," said Carter.

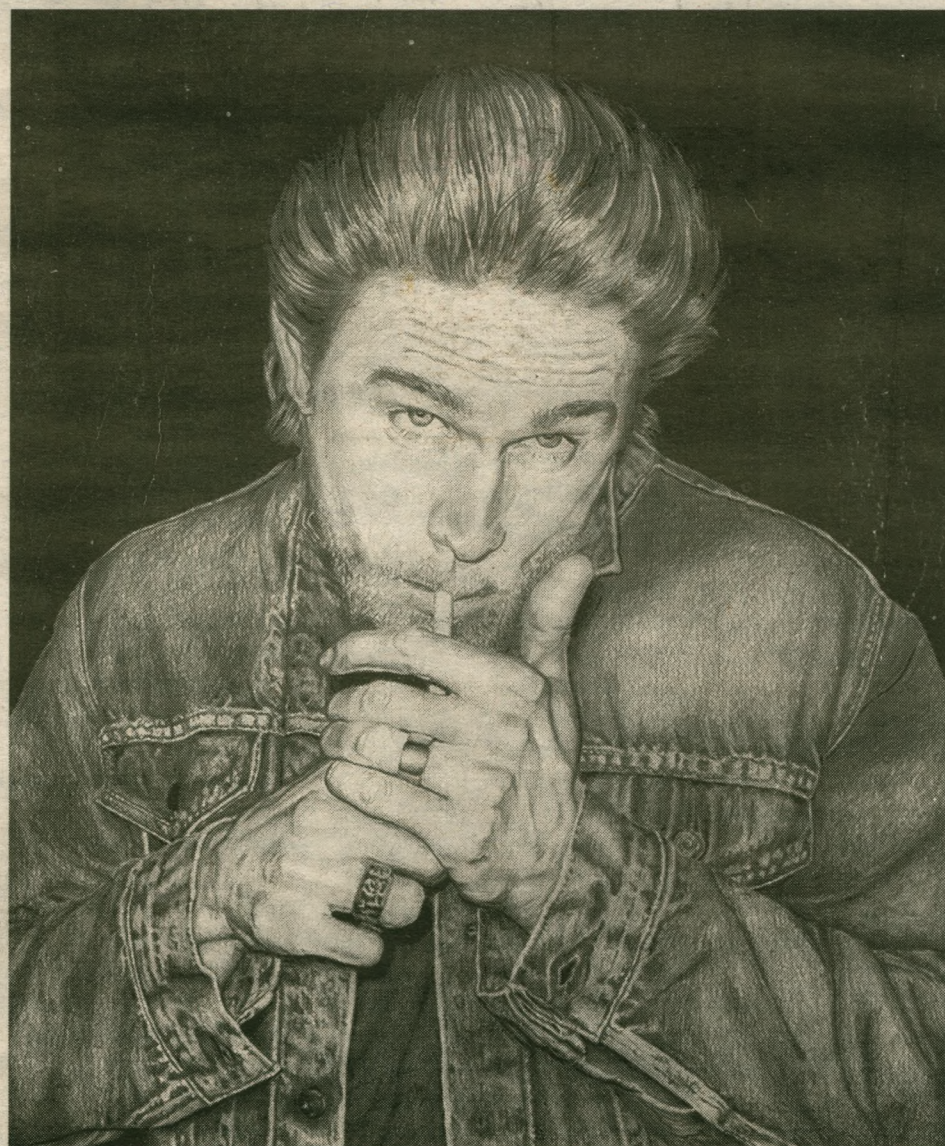
The ending number was entitled "Outra Vez," which means Once Again. The crowd cheered and clapped as the concert came to a close.

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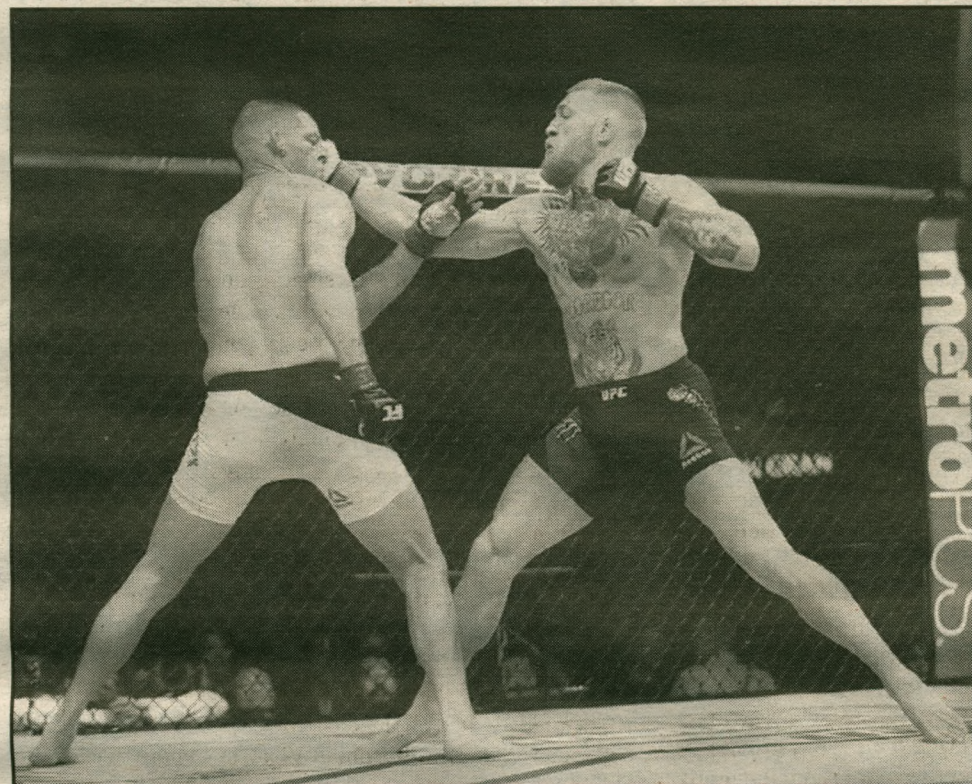
CHRISTINA GHILLANI / SACRED HEART UNIVERSITY

"JAX". GRAPHITE PENCIL.

Sports

A Night at UFC 196: One Fan's Perspective on the Fight

BY IAN BARON
Contributing Writer



ERIC JAMISON/AP

NATE DIAZ, LEFT, TRADES PUNCHES WITH CONOR MCGREGOR DURING THEIR UFC 196 WELTER-WEIGHT MIXED MARTIAL ARTS MATCH, SATURDAY, MARCH 5, 2016, IN LAS VEGAS.

UFC 196 took place in Las Vegas on March 5. The atmosphere was incredible, louder and more energized than any other sporting event I've been to. On this night, the UFC promised us two incredible wars, and they did not disappoint.

The undercard for this event was also full of exciting fights. There were four knockouts, or TKOs, and one submission, but, as the main card began, the atmosphere in the arena went through the roof.

The main card began with three straight decisions in somewhat lackluster fights that just made the crowd more and more excited for the main events to begin.

As Miesha Tate's music began to play the crowd exploded as people knew she was the one who had the best chance to beat Holly "The Preacher's Daughter" Holm. Coming into this event, Holm was undefeated and had just beaten Ronda Rousey, so the expectations were high for her, as she was fighting someone who had lost to Rousey three times.

Sports logic would suggest that this would be a breeze for Holm, but Tate didn't go down easily. It was an incredible back and forth fight. Going into the fifth round, Tate needed to KO or submit Holm if she wanted to win the fight.

As the fifth round began, Tate went on the offensive, taking a very aggressive approach to the last round. Holm's focus was to keep the fight on her feet, where she could outfight and outmaneuver her opponent. Tate was looking to get a take down, where she could

dominate the ground game and have the advantage.

In the final two minutes of the fifth round, Tate made her move, managing to lock Holm in her choke hold. Holm tried to flip Tate off her back but it was too late; Tate had her choke hold in and wasn't going to let go. With 1:29 left in the fifth round Holm did not tap but was choked out by Tate.

The crowd erupted, chanting "Miesha!" at the top of their lungs as the referee called a stop to the fight. As they came together at the center of the octagon, both competitors hugged and showed the respect they had for each other.

With this win, Miesha Tate became the new Women's Bantamweight champion of the world, undoubtedly opening up an incredible amount of doors for the new champion. But, the night was not over and the energy only grew from there.

It was time for the main event of the evening, where trash-talking Irishman Conor McGregor took on Nate Diaz, who was the replacement opponent coming into the fight with only 13 days notice. Originally, McGregor was looking to set history in the UFC by becoming the first two belt champion by holding the 145 lb belt and the 155 lb belt at the same time. Unfortunately, his opponent, Rafael Dos Anjos, had to drop out of the fight with a broken foot. This led to Nate Diaz taking up the fight, which would be held at 170 lbs.

Now, it's common for a fighter to move up one weight class for a fight, but it is very rare to move up two weight classes. This would turn out to be detrimental to McGregor.

McGregor was on a one fight win streak heading into this event, and he was up to his typical antics of trash talking his opponent before the event. Nate Diaz isn't one to shy away from the trash talking himself, and fans around the world knew that this fight was going to be incredible.

Diaz is known for being able to take an incredible amount of punches and just keep fighting. This was a problem for McGregor, who easily shredded his way through the featherweight division with knockout after knockout.

Once the fight started, it was clear that Diaz was not fazed by McGregor's punches. Midway through the first round, Diaz had a damaged right side of his face after taking many punches. The problem for McGregor turned out to be his failure to stagger; he just kept attacking.

In the second round, Diaz pounced on his chance. He caught McGregor with a vicious punch to the jaw, staggering him, and this is where Diaz took control of the fight. Diaz managed to get McGregor in his arms, where he was able to dominate and get to McGregor's back. As the second round was coming to a close, Diaz got McGregor to tap, ending his opponent's 15-fight win streak and staking his claim at a title shot for the 155 lb title.

At the end of this incredible fight, both exhausted fighters made their way to the center of the octagon and shook hands to show their respect, despite seeming like two guys who could not hate each other more.

Many thought that McGregor would come out with excuses during his post fight interview, but he did no such thing.

"I make no excuses," said McGregor. "It is what it is. I came up short."

This was a huge loss for McGregor, as well as a humbling one. He realized the larger man could handle more punches than he'd anticipated.

All in all, it was truly an incredible first experience to see a UFC event live. The fights were amazing, regardless of who you were rooting for, and the atmosphere was like nothing else I have ever experienced before. If you get the chance to see a UFC event live, then go, because it is some of the most fun you'll ever have. It will be interesting to see how the night's events affect the future of the organization and fights to follow.

NEC Front Row Keeps Fans in the Game

Live broadcasts and online coverage provide access to all things NEC

BY ZACK TSAMISIS
Staff Reporter

Sacred Heart University Athletics' home is in Fairfield, but you can catch their live games, highlights, coach shows, and press conferences on demand with NEC Front Row.

NEC Front Row houses content for all teams in the Northeast Conference, along with an interactive social media platform for fans.

"It brings a professional quality, multi-camera production right into their living rooms or even on their mobile devices. Fans can watch from wherever they are," said the voice of Sacred Heart basketball, football and ice hockey play-by-play broadcaster Randy Brochu.

The Pioneers have done well of late, reaching the playoffs in both men's and women's basketball. These success stories are just two of many that are helping Sacred Heart expand their athletic brand, and NEC Front Row is playing a role in that.

"The NEC has a long-standing tradition and commitment to be service-oriented. This service that is offered free of charge allows the families and friends of athletes near and far to keep tabs on them after high school competition ends, and collegiate competition begins," said director of career placement for the Jack Welch College of Business and Pioneer basketball color commentator, Rob Coloney.

With the followers of Sacred Heart Athletics steadily increasing, Coloney feels the exposure of their student-athletes is as well.

"Many people underestimate the hard work, dedication and sheer number of sports we offer here at SHU; the student-athletes have earned the right to be followed by their peers," said Coloney.

Brochu believes that the undeniable family-like atmosphere that surrounds Sacred Heart runs deep, building a community like no other. This atmosphere allows students to be lifetime Pioneers, even after their collegiate years, just like Brochu's basketball color commentator, Katie Shepard.

Shepard, a former women's basketball player at Sacred Heart, is now on the sidelines viewing the court from behind the desk, broadcasting for NEC Front Row.

"I always appreciated how she played the game," said Brochu. "The leadership and love she showed for her teammates and the school in the four years she played for Sacred Heart were undeniable. Now, she brings that to the broadcasts as the color analyst and it makes calling the games even more meaningful when you work with someone as invested in Sacred Heart as she is, as are the many alumni like her who passionately follow the Pioneers."

Like on the court, preparation is key to a successful product. It is no different for broadcasting.

"To prepare for a game, you have to research the other

team, make sure you are familiar with what they want to do as far as percentages on shooting or defense, and obviously [be familiar with] the players," said Shepard.

"Preparation is paramount. Plain and simple," said Coloney.

Coloney believes in the bigger picture, getting to know the student-athletes and earning their trust.

"You have to prepare for every single situation; blow-outs, close games, unforeseen circumstances," said Coloney. "I never want our audience to tune us out – regardless of the score of the competition. We need to be ready to entertain, and inform. Randy Brochu is a preparation savant."

"The run the women's basketball team went on and the level of dominance they showed through the entire NEC season was incredible," said Brochu. "Seeing the men's team overcome a rough start and battle their way to a three-seed in the face of adversity in a tight conference race was also very exciting. It seemed like every game for the last month felt like a playoff game, so the entire run up to and through the tournament was a thrill."

When it comes to calling a game and working with a team the whole season as a broadcaster, Brochu put it best.

"It's kind of like character and storyline development in a TV show, except the characters are the players, and the storyline is the game," said Brochu.

Sports

Equestrian Team Takes on Semi-finals

BY VICTORIA SAPORITO
Staff Reporter

As of Feb. 28, the Sacred Heart University Equestrian Team has clinched a second straight title and qualified for a national semifinal at the Western Regional Championship.

The horseback riders in western competition ride in Horsemanship and Reining. Sacred Heart competes in IHSA Zone 1, Region 5 and are led by head coach Tiffany Hajdasz and assistant Western coach Tami McAllister. The team competes against Central Connecticut State University, Post University, Trinity College, University of Connecticut, Wesleyan University and Yale University.

The team's 2016 season has ended, but they still have a number of Hunt Seat and Western riders moving on to regionals after qualifying as individuals. Junior Western rider and team captain, Abigail Williams, is one of them.

"The Equestrian team provides athletes the opportunity to compete as a team with a sport typically dominated by individuals," said Williams. "Being on the team has allowed me the opportunity to continue riding horses and compete while forming long-lasting bonds with girls from freshman to senior year at Sacred Heart."

So far this season, the Western team has taken their second regional championship win and will be heading to the semi-finals in Findlay, Ohio on Mar. 19. The English team ended their season in second place, four points behind the University of Connecticut.

Williams qualified as an individual this season for intermediate horsemanship, and has been able to represent her team in Novice Horsemanship at semi-finals.

"Our team communicates well and works together effectively to ensure we are competing to the best of our abilities at each individual competition," said Williams. "We are all looking forward to having a strong, fighting chance at semi-finals this weekend and hopefully having the opportunity to progress to nationals and earn some recognition for the Sacred Heart Equestrian Team on campus."

There are high hopes for the Pioneers to finish among the top three teams at semi-finals and qualify for the national championship.

"I think our team is very strong this year," said senior Hunt Seat and Western rider Noelle Bianculli. "All of the girls on our team are very dedicated to both their individual and team goals."

Bianculli earned a trip to nationals by passing UConn's Danielle Brainard in the final event of the season, and has become the first ever member of the Sacred Heart Equestrian Team to qualify for the national championship as the AQHA regional high point rider. Bianculli represented Sacred Heart Equestrian, Zone 1, at the IHSA National Championship.

"I am hoping to put in great rides at the IHSA nationals in the AQHA cup classes and bring home the first place prize for Sacred Heart," said Bianculli.

Bianculli, Williams, and junior Hunt Seat and Western Rider Hayley Mena, all qualified for the IHSA National Semifinal hosted by the University of Connecticut. The trio

will compete in Findlay, Ohio on Mar. 19 for an opportunity to compete for a spot at nationals.

"The confidence fueled by our team's support is important when in the show ring and allows for each individual athlete to ride up their own individual potential," said Williams. "The team is divided into two sub-groups, Western and English, but the divide is solely based on competition and does not divide the individual friendships on the team. My team has taught me the importance of time management, organization, and leadership."

The Pioneers have great expectations for their Western team in their upcoming season because they have come a long way in the last few years, and it is clear that, through their previous season, the small group of women have progressed and grown as horsewomen.

Williams, Bianculli and the rest of the Sacred Heart Equestrian team are very dedicated towards working hard and having a more successful season in the future. They are even working exceptionally hard towards raising awareness about this sport on campus.

"Being a part of the Sacred Heart Equestrian team is really fun, and my teammates are like my family away from home," said Bianculli. "I love having a support system to fall back on and, of course, continuing to ride in college is the best part."

Update: As of publication, the Western team placed sixth overall. Bianculli placed eighth and third, Williams placed sixth, Mena placed sixth, sophomore Rebeca Tytlar placed ninth, and freshman Victoria Caputo placed seventh.

King's heart: Baylor freshman playing with defibrillator

BY ASSOCIATED PRESS

WACO, Texas (AP) — King McClure was told by doctors after being diagnosed with a heart condition last summer that he could never play basketball again.

McClure had just arrived on the Baylor campus and had already practiced for a week before a health screening for incoming players revealed that he had hypertrophic cardiomyopathy.

"I was devastated, I was crying," the freshman recalled. "All my dreams fell; they just dropped."

When he started to research the condition that affects heart muscle, one of the first stories that popped up was about Hank Gathers, the Loyola Marymount star who in 1990 collapsed on the court during a game and died. Still, McClure had never had any symptoms and there was no family history of heart disease. The sharp-shooting guard with a ball in his hands since age 2 just couldn't accept that his career could already be done.

Nine months after the life-altering diagnosis, with a defibrillator implanted into his chest, McClure has played in all 33 games this season for the Bears. He and his teammates are getting ready for their NCAA Tournament opener Thursday against Yale.

"Really, it's unbelievable," McClure said. "It's a blessing really I'm still able to play the game that I love."

There were four long months when he couldn't play — "the hardest times in my life," he said. There were tears and visits with multiple doctors who told him not to play. That for so long was the almost-automatic response to someone with HCM, even in milder forms since it can result in sudden cardiac arrest during strenuous activity.

McClure and his parents got an encouraging call from Oklahoma City assistant coach Monty Williams, who played in the NBA with a heart condition. Williams prayed with the young player on the phone and recommended his doctor in Maryland, who they met before going to the Mayo Clinic in Minnesota.

Dr. Michael Ackerman, a cardiologist at the Mayo Clinic, last year co-authored updated guidelines for the American Heart Association and the American College of Cardiology that still recommend athletes with HCM avoid participation in most sports. But he said the new guidelines also indicate a need for families who are fully informed of



AP PHOTO

SINCE HIS SURGERY, MCCLURE HAS PLAYED IN ALL 33 GAMES THIS SEASON FOR THE BEARS. HE AND HIS TEAMMATES ARE GETTING READY TO TAKE ON THE REST OF THE SEASON

the risks to be able to make their own decisions.

"For some athletes, sports is totally optional and some of those individuals and their families may conclude it is

not worth the residual risk," Ackerman said. "While for others, that sport is like oxygen, it's a must-have, must-do activity."

McClure had surgery in August to get the Implantable Cardioverter Defibrillator (ICD), which constantly tracks his heart rate and is designed to provide a shock only if he goes into cardiac arrest.

Dr. Gordon Tomaselli, chief of the Johns Hopkins Division of Cardiology, said other athletes have played with defibrillators and he certainly expects there to be more. But without enough data to make general recommendations, he said such decisions need to be made by individuals based on their specific cases.

"Risk prediction of sudden cardiac death in hypertrophic cardiomyopathy and many inherited heart diseases is far from perfect," he said.

On Oct. 1, his 19th birthday, McClure was cleared to resume basketball activity. Six weeks later, he made his college debut with three 3-pointers and 11 points in Baylor's season opener.

While it took some time for McClure to get back into playing shape after being sidelined — except for a couple of times he admits to sneaking into the gym to take a few shots — he said he has had no issues with the ICD this season.

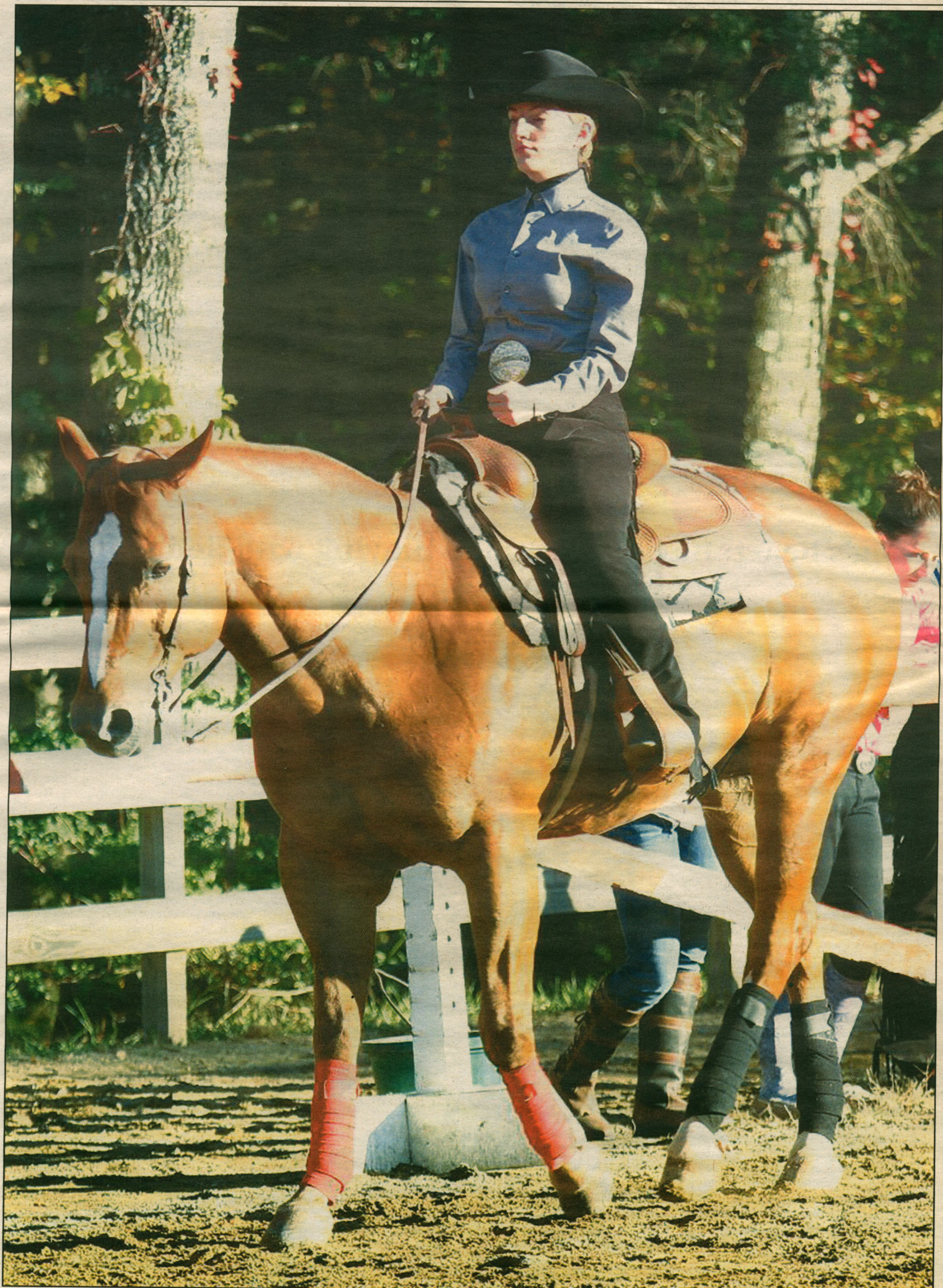
"The biggest progression at first was he was so out of shape, and just trying to get back in the swing of things," coach Scott Drew said. "He was probably a little apprehensive, and we were probably a little apprehensive, and tried to take it easy on him and not push him too hard, and he probably did the same. Now you don't even think about it."

Baylor expanded heart screenings for incoming players after former Bears center Isaiah Austin was diagnosed with Marfan syndrome during a physical before the NBA draft two years ago. That condition affects the body's connective tissue, and can cause heart problems. It ended Austin's playing career.

McClure's father, Leroy McClure Jr., said the family has relied on its Christian faith throughout the process, and that Baylor was the only one of the final five schools the younger McClure considered in recruiting that does such extensive screening.

"I do look at it as something that the Lord orchestrated," he said. "So we feel that it wasn't King's choice. We believe it was God's choice."

Sports



SENIOR NOELLE BIANCULLI ACCOMPLISHED A PROGRAM FIRST WINNING THE REGIONAL HIGH POINT RIDER TITLE, AND WILL NOW REPRESENT ZONE 1 AT THE IHSA NATIONAL CHAMPIONSHIP.

SACRED HEART UNIVERSITY ATHLETICS